



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01303, Cream, half and half, lowfat

Report Date: July 16, 2017 19:16 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water	g	87.83	--	--
Energy	kcal	72	--	--
Energy	kJ	300	--	--
Protein	g	3.33	--	--
Total lipid (fat)	g	5.00	--	--
Ash	g	0.51	--	--
Carbohydrate, by difference	g	3.33	--	--
Fiber, total dietary	g	0.0	--	--
Sugars, total	g	3.33	--	--
Minerals				
Calcium, Ca	mg	133	--	--
Iron, Fe	mg	0.00	--	--
Magnesium, Mg	mg	10	--	--
Phosphorus, P	mg	95	--	--
Potassium, K	mg	132	--	--
Sodium, Na	mg	50	--	--
Zinc, Zn	mg	0.39	--	--
Copper, Cu	mg	0.009	--	--
Selenium, Se	µg	3.2	--	--
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	--	--
Thiamin	mg	0.030	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Riboflavin	mg	0.194	--	--
Niacin	mg	0.109	--	--
Vitamin B-6	mg	0.050	--	--
Folate, total	µg	3	--	--
Folic acid	µg	0	--	--
Folate, food	µg	3	--	--
Folate, DFE	µg	3	--	--
Choline, total	mg	18.7	--	--
Vitamin B-12	µg	0.19	--	--
Vitamin B-12, added	µg	0.00	--	--
Vitamin A, RAE	µg	47	--	--
Retinol	µg	46	--	--
Carotene, beta	µg	11	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU	IU	170	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	0	--	--
Vitamin E (alpha-tocopherol)	mg	0.12	--	--
Vitamin E, added	mg	0.00	--	--
Vitamin D (D2 + D3)	µg	0.0	--	--
Vitamin D	IU	1	--	--
Vitamin K (phylloquinone)	µg	0.6	--	--
Lipids				
Fatty acids, total saturated	g	3.276	--	--
4:0	g	0.119	--	--
6:0	g	0.097	--	--
8:0	g	0.061	--	--
10:0	g	0.146	--	--
12:0	g	0.169	--	--
14:0	g	0.553	--	--
16:0	g	1.544	--	--
18:0	g	0.588	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Fatty acids, total monounsaturated	g	1.526	--	--
16:1 undifferentiated	g	0.118	--	--
18:1 undifferentiated	g	1.398	--	--
20:1	g	0.010	--	--
22:1 undifferentiated	g	0.000	--	--
Fatty acids, total polyunsaturated	g	0.257	--	--
18:2 undifferentiated	g	0.224	--	--
18:3 undifferentiated	g	0.020	--	--
18:4	g	0.000	--	--
20:4 undifferentiated	g	0.009	--	--
20:5 n-3 (EPA)	g	0.001	--	--
22:5 n-3 (DPA)	g	0.003	--	--
22:6 n-3 (DHA)	g	0.000	--	--
Fatty acids, total trans	g	0.000	--	--
Cholesterol	mg	17	--	--
Amino Acids				
Other				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--
Theobromine	mg	0	--	--